

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

March 2013

Garden Pork Sauté French Toast Sticks Friday Stew Snack Mix Apple Coleslaw

Garden Pork Sauté

½ teaspoon olive or vegetable oil
1 pound uncooked pork sirloin, trim fat and cut into ¾-inch cubes
2 cloves garlic, minced or ½ teaspoon garlic powder
2 cups cut-up carrots (peel and slice regular carrots or cut baby carrots in thirds)
1 cup water
1 package (3 ounces) ramen noodles
2 teaspoons dried Italian seasoning or dried oregano
2 cups broccoli florets

1. Heat oil in a large nonstick skillet over medium-high heat until hot. Add pork and minced garlic (if using instead of garlic powder). Cook and stir 3 to 4 minutes.
2. Add carrots, water, seasoning packet from ramen noodles, Italian seasoning or oregano, and garlic powder (if using instead of minced garlic). Bring to a boil. Reduce heat; cover and cook 6 to 7 minutes or until carrots are crisp tender.
3. Gently break the block of noodles in half; add noodles and broccoli to skillet. Bring to a boil. Boil, uncovered, 4 to 5 minutes or until broccoli is tender and noodles are cooked, separating noodles gently as they soften.

Recipe Source: <http://www.extension.iastate.edu/foodsavings>

Nutrition Note: This recipe makes 4 servings. Each serving has 280 calories, 11 grams of fat and 22 grams of carbohydrates.

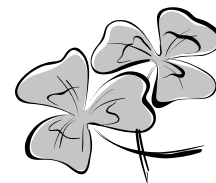
French Toast Sticks

5 slices whole wheat bread
3 cups crispy rice cereal
1 tablespoon sugar
¾ teaspoon cinnamon
3 eggs
½ cup skim or 1% milk
1 teaspoon vanilla
½ teaspoon salt
1 tablespoon melted margarine



1. Heat oven to 425 degrees. Coat a baking sheet with nonstick cooking spray.
2. Cut each slice of bread into four sticks. Place sticks on a cooling rack for about 20 minutes to dry out a little.
3. Put cereal into a resealable bag and crush into fine crumbs (a rolling pin works well for this).
4. Pour crumbs into a pie plate and add sugar and cinnamon. Mix well.
5. In a bowl, combine eggs, milk, vanilla and salt. Beat until well-blended.
6. Dip each stick into egg mixture, then roll in the crumb mixture. Place on the baking sheet.
7. Drizzle melted margarine over sticks. Bake for 17-19 minutes or until crispy.

Nutrition Note: This recipe makes 5 servings. Each serving has 270 calories, 8 grams of fat and 38 grams of carbohydrates.



Tips for Raising Healthy Eaters

Trust Your Preschooler's Stomach: Watch for signals that your child is full and finished eating (playing with food, for example). Offer children nutritious food, and they will naturally regulate the amount they eat.

Source: Dairy Council of California

Breastfeeding:

Why breastfeed?



"I chose to breastfeed because I couldn't give any better gift to my baby. After carrying her for 10 months and changing my whole life, I wasn't going to start off giving her something artificial when I had something that would help us bond and keep her healthy that was all natural. I never have to worry about her having tummy problems."

~ Kirsten, WIC Breastfeeding Mom from Turtle Mountain WIC

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Friday Stew

1 pound dry or 3 cans (15-16 ounces each) navy beans
6 cups water
1 cup cubed potatoes
1 cup diced carrots
1 cup chopped onion
1 can (14.5 ounces) tomatoes
2 cloves garlic, chopped
1 teaspoon salt
½ teaspoon pepper
1½ cups diced ham (optional)

1. Soak beans (either overnight or by quick soaking). Drain off soaking water. If using canned beans, drain and rinse.
2. Combine beans with 6 cups of water and simmer gently for one hour.
3. Add the rest of the ingredients and cook for an additional ½ hour or until the vegetables are tender.

Nutrition Note: This recipe makes 12 servings. Each serving (with ham) has 180 calories, 1.5 grams of fat and 29 grams of carbohydrates.



Snack Mix

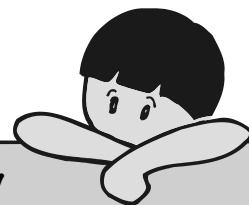
10 cups popped popcorn
2 cups pretzel sticks
2 cups WIC cereal (like Cheerios®, Kix®, Oatmeal Squares®,
Frosted Mini-Wheats Little Bites®)
½ cup dried cranberries
½ cup chocolate chips

1. In a large bowl, stir all ingredients together.
2. Store in an airtight container.

Note: This snack is intended for older children because the popcorn and cranberries can be a choking hazard.

Recipe Source: University of Nebraska Lincoln Extension

Nutrition Note: This recipe makes 15 servings. Each serving has 100 calories, 2 grams of fat and 19 grams of carbohydrates.



Turn Off the TV

Freeze and Thaw: Quickly walk around the house with your child. Touch your child, then have him freeze like an icicle. Touch your child again, then have him fall to the ground like he is thawing. Then switch roles with your child and you become the one that is frozen after he touches you.

Source: Minnesota WIC Program

Apple Coleslaw

¾ cup light whipped salad dressing (like Miracle Whip®)
1 tablespoon sugar
1 package (16 ounces) coleslaw mix
1 red apple, chopped
1 green apple, chopped

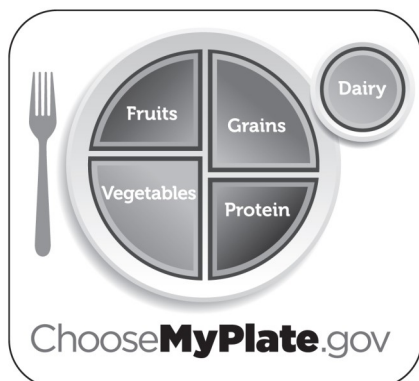
1. Mix dressing and sugar in a large bowl.
2. Add remaining ingredients and mix.
3. Refrigerate for one hour before serving.

Nutrition Note: This recipe makes 12 servings. Each serving has 70 calories, 3 grams of fat and 10 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the
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GROWING HAPPY FAMILIES



Be a cheerleader for healthy habits.

It's never too early for adults to set an example.
Keep in mind that children follow what the
adults around them do.